

Nuvein Magazine

Local Radio Stations

Local radio stations in your area - news, music, talk, Spanish.

Want To See The World?

Compare Programs To Take You Abroad & Save. Experience The World Now!

Ads by Google

- [Fiction](#)
- [Poetry](#)
- [Ideas](#)
- [Art](#)
- [Theatre](#)
- [Movies](#)
- [SUBMIT WORK](#)
- [Guidelines](#)
- [Foundation](#)
- [Forum](#)



search...

[Home](#) > [Ideas](#) > [Ideas 3.3](#) > [Unwinding With Myofascial Release \(MFR\)](#)

[Unwinding With Myofascial Release \(MFR\)](#)

[print](#) [email](#)

W

Written by Frances Nicolais

- [The Coincidental](#)
- [LEO DOES AKIRA](#)
- [Florante & Lori](#)
- [Latent Anxiety](#)
- [Rose's Devotion](#)
- [alles kling!](#)
- [Orpheus](#)

The last several articles explored the many ways we can heal our chronic pain, disease and discomfort with fascia-based modalities like MFR.

Fascia is very densely woven covering, which interpenetrates every muscle, bone, nerve, artery and vein as well as all of our internal organs including the heart, lungs, brain and spinal cord. ... It is actually one structure that exists from head to foot without interruption. ...

Fascia also plays an important role in the support of our bodies since it surrounds and attaches to all structures. These structures would not be able to provide the stability without the constant pull of the fascial system. ... [from John F. Barnes, P.T.]

As discussed previously, the only way to fully release fascial restrictions causing our long-term, chronic pain, disease and discomfort, is to allow the emotional component to free itself from our tissue. This sounds simple and maybe even a little silly, but if you have experienced the difference of tissue release without emotions and tissue release with emotions, you understand completely.

When we experience a trauma in our lives, our bodies not only store the emotions present at the time of the trauma, but because we must "pull ourselves together" and continue on with our lives, any post-trauma based emotions are also stored in the tissue. The traumatic experience is not allowed to complete itself and will fester in our tissues until we are provided with a safe environment and conditions in which to "let go".

Quite a number of us live our entire lives without the freedom of "letting go". Some people go to talk therapists or hypno-therapists to get to the root of emotional holding patterns, but that only works on one component of our healing. Even so, have you ever noticed that



Main Menu

- [Home](#)
- [Fiction](#)
- [Poetry](#)
- [Ideas](#)
- [Movies](#)
- [Theatre](#)
- [Music](#)
- [Art](#)
- [Previous Issues](#)
- [Photo Galleries](#)
- [Press](#)
- [Contact Us](#)
- [Links](#)

[Nuvein and Staff Blog](#)

Nuvein Galleries

Login to Nuvein

Username

Password

Remember me

[Lost Password?](#)

No account yet? [Register](#)



Current articles

[abrosia](#)

[David Scott Milton: Reissued](#)

[My Aunt Gertrude's Point of View](#)

[On the Improbability of Memory or Le Mot Juste](#)

[Passionaria](#)

[Rules](#)

[THE USUAL](#)

[Without Reason](#)

[Men are intoxicated by their own thoughts](#)

[Nocturne](#)

[Our Nerd, Our Pride](#)

[Tears of the World](#)

[October 2007 ViewPoints @ East West Players](#)

[Justin Lin's FINISHING THE GAME](#)

[Lords of Flatbush](#)

[ye Diseases](#)

[Unwinding With Myofascial](#)

when you actually cry about something that upset you, you feel so much better afterwards? That's a little taste of what "letting go" can feel like on a small scale, which is often enough to frighten us back into stoicism.

When we receive a Myofascial Release treatment, our bodies will often begin to move independently of thought, as the three-dimensional web of fascia starts to "un-kink" itself. The recipient is encouraged to bring their awareness and breath inside their body to the area of trauma. This learned sensitivity assists in the body's inherent healing capabilities and with the skill of the therapist, can bring the body into positions of past trauma.

When our bodies are allowed to move into those positions of past traumas, this stored holographic image of our trauma often triggers and releases the emotions kept in our tissues since the original moment of trauma. Gravity is an important factor in these sessions, as the original position of trauma, was rarely "flat" on a treatment table. The therapist will keep you safe and assist your body to move into in any position it needs.

Our body's own wisdom is smarter than we could ever hope to be, and it is wise to allow our body to take us places where our mind is often afraid to go. It's when we go to those places of fear and pain – that we are able to fully feel whatever emotions are stored there – and finally release them. Then, and only then, is the pain and dysfunction completely released from our tissues.

If you would like to find a Myofascial Release Therapist in the Los Angeles area, please visit my website listed below. If you would like to find a Myofascial Release Therapist outside the Los Angeles area, please visit John F. Barnes, RPT 's website: www.myofascialrelease.com and go to "therapists".

Frances Nicolais, LMT

MFR Therapist and Instructor

www.kneadedexperience-la.com



Frances Nicolais

About the author:

Frances Nicolais, LMT is the owner of the Kneaded Experience Los Angeles, which has been providing professional, on-site chair massage to businesses and events all over Los Angeles area since 1994. She is the Director of Education at the Hands on Healing Institute.

[Read More >>](#)

Comments

[Add New](#) [Search](#)

Only registered users can write comments!

[\[Back \]](#)

[Next >](#)

Visit this Nuvein Foundation Sponsor

KLUBLIVE